



Tools For Action

A sample of physical education initiatives in Wisconsin

Walking Club

Contact Information

Main Contact Person
Tom Nolan
Title of Main Contact
P.E teacher
School Name
Grant Elementary
School District Name
Wisconsin Rapids Public Schools
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Program Information

Program Name
Walking Club
Program Category
Activities done outside of PE class time for additional credit
Grade Level
High School (9-12); Elementary School (K-2); Elementary School (3-5); Middle School (6-8)
Assessment Method
[No Answer Entered]

Program Information

Products Developed or Materials Used:

[No Answer Entered]

Program Description:

Students take half sheets of paper with the rules for the walking club. Students must walk or run 5 miles outside of P.E (Recess or home). If they walk at recess the noon aides or teachers verify their miles. If done at home their parents must sign the sheet and verify miles. Once they reach the 5 mile mark they get their name on a footprint that goes in the gym. They also get their name announced and how many miles they have reached thus far this school year over the school wide announcements every morning.

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

or contact staff at: Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)
Morgaig@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)
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